

LONDON metro

\$15,000,000
estimated

LOTTO
649

BEAR TRAP!

NO MORE PLAYING SECOND FIDDLE — BRUINS GOALIE TUUKKA RASK COULD BE THE KEY TO A STANLEY CUP VICTORY AGAINST THE BLACKHAWKS

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These whiz kids really are kids

Meet the London students who could be the entrepreneurs of tomorrow

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Temple tempest

London firm Info-Tech Research Group buys Toronto's historic Masonic Temple for \$12.5M

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A question of His Honour

Montreal Mayor Michael Applebaum is arrested in the city's ongoing corruption case, leading to calls for his resignation

PAGE 8

Wednesday's Jackpot



DOWNTOWN DREAM

Think Dundas Street could use a bit more charm and pizzazz? City planners want to take things a bit further. In fact, they're suggesting it should become the most "exciting" street in London, and that includes making it a paradise for walkers. The future of Dundas and the rest of the core will be on the table on Tuesday at city hall. For a peek at what the area might look like down the road, see page 4.

MIKE DONACHIE/METRO

Changing of the crossing guards

Sign of the times?
Councillor worries program shakeup could augur more cuts

SCOTT TAYLOR
london@metronews.ca

It could just be organizational housekeeping, but transferring supervision of the city's school crossing guards from the police to city hall could be a sign of tough times to come.

The London Police Services Board recommended last April that the force stop overseeing the program, whose cost has risen by nearly \$400,000 since 2004. Last year, it cost more than \$1 million.

Ward 13 Coun. Judy Bryant, who sits on the police services board, said what concerns her in the wake of

About the program

- There are 106 city sites that are monitored by 130 adult school crossing guards and supervisors.

the crossing-guard changes is what might be cut or reduced next.

"The non-core activities do serve a very good purpose. Project L.E.A.R.N. is hardly core, although we (on the board) feel it's core. There are many things for us to wrap our mind around.

"It's very concerning because, after this year, our budget will be cut," she said.

The target date for police to cut ties with crossing guards is Sept. 1. London is one of only three municipalities in Ontario whose program is run by the police. Brantford and Toronto are the other two.

Chief Brad Duncan said police brass are constantly looking for efficiencies in both core and non-core services. But he said it's often difficult to decide which programs will be funded fully and which will be reduced.

"When people are asking us to return to core services and to return to services that are, strictly speaking, police-oriented, this is one (service) that we reviewed and realized that it's not a core mandate or service," he said about crossing guards.

"We need to have a patrol strategy to provide an ability to answer calls for service and we need to investigate criminal offences. However, we do a lot of other things that are important to the community."

Examples, he said, are the Community Oriented Response squad and the downtown foot patrol, as well as the work the force does in city schools.

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Sophie Smith

Search for missing London teen finished: OPP

Police are still waiting for the results of a post-mortem conducted on a body found on Saturday near Algonquin Park.

But, OPP Const. Paul Potter left little doubt on Monday that the body is that of an 18-year-old Londoner who went missing Friday.

Sophie Smith was last seen canoeing on Kawagama Lake.

"We conducted a search for a missing women

Friday. On Saturday, we located the body in the same area. We are no longer looking for Sophie Smith. We have ruled out foul play, and our team of investigators have left the scene," Potter said.

SCOTT TAYLOR/METRO



Sophie Smith
FACEBOOK.COM

Tornado warning

No twisters here: Environment Canada

Despite tornado warnings and wicked weather on Sunday night, Environment Canada says there were no reports of twisters touching down in London or elsewhere.

There were also no reports of damage or injuries, officials said.

More than a half dozen tornado warnings were issued for parts of Ontario as funnel clouds and hail moved in.

Environment Canada said an area stretching from north of Lake Erie to Sudbury was affected by the slow-moving system.

THE CANADIAN PRESS



Sir John A. Macdonald Public School students Sierra Bryson, left, Cindy Henry and Tiffany Birner, and Red Square Labs owner Francis Yanga check out a prototype of a fashion app made for the iPad. The app was created by students. JEREMIAH RODRIGUEZ/FOR METRO

Persuasive pitches turn kids into entrepreneurs

Sir John A. Macdonald Public School. Lesson in persuasion grows into business opportunity

The next hot fashion app, healthy chocolate bar or indestructible cellphone case could be coming from an unlikely place.

What began as an innovative way to teach seventh-graders about persuasive writing ballooned into a chance for Sir John A. Macdonald Public School students to become entrepreneurs.

The students mustered up everything they had learned

about persuasion on Tuesday and used the skills to win over London business owners through a Dragons' Den-style pitch competition.

Each of the pitches was tied to a product students developed. After their presentations, two groups got the backing of local experts who plan to further develop the products and, possibly, put them on the market.

Joshua Jones, the teacher who thought up the project, said students are learning lessons that will last a lifetime.

"Being persuasive is a huge life skill, and to get people to understand your point of view on something is really crucial," he said.

Some students realized just

Quoted

"With these real stakes, it's something that the kids can get excited about. It's been amazing to see what they came up with."

Francis Yanga, owner of London's Red Square Labs

how difficult that can be as they took the stage on Tuesday to show off what they had created — using a combination of commercials, prototype demonstrations and tasty samples.

The "healthy" chocolate and the fashion app were the big winners in the end, with local businessmen interested in see-

ing both hit the public market.

Francis Yanga, owner of London's Red Square Labs, helped students build the fashion app that allows wardrobes to be mixed and matched on handheld devices.

He likes the idea of targeting the apps at boutiques, which could use it to display product lines right at their doors.

Yanga would like to see more students learning real-life lessons in the classroom.

"I jumped on this idea because if schools can implement more of these into the curriculum at an earlier age, it could inspire more innovative thinking — maybe a way to pay for their future," he said.

JEREMIAH RODRIGUEZ/FOR METRO

Search. Raid nets guns, drugs

London Police are searching for two fugitives after a search warrant on Friday netted a gun and drugs from a home on Allen Place on the city's east side.

The guns and drugs unit seized a Ruger handgun, 25 rounds of .22-calibre ammunition, one 12-gauge Winchester shotgun shell, marijuana, cocaine and other drugs.

As a result of the investigation, 22-year-old Brock Brown, 21-year-old Michael Kyte and 19-year-old Dakota Smith, all

Estimated

\$10,000

Value of drugs found in search of Allen Place home

of London, are being charged with eight drug offences and four weapons crimes.

Brock was arrested at the residence without incident, but Kyte and Smith remain on the loose. SCOTT TAYLOR/METRO

Wynne dismisses Tory ads

With a byelection in London West and two other ridings to be called this summer, Ontario's Progressive Conservatives launched new television ads on Monday linking Premier Kathleen Wynne with the costly cancellation of gas plants and equating her to Dalton McGuinty.

Voters need to know Wynne is directly tied to the \$585-million decision to cancel gas plants in Oakville and Missis-

sauga to save Liberal seats in the 2011 election, said Progressive Conservative Tim Hudak.

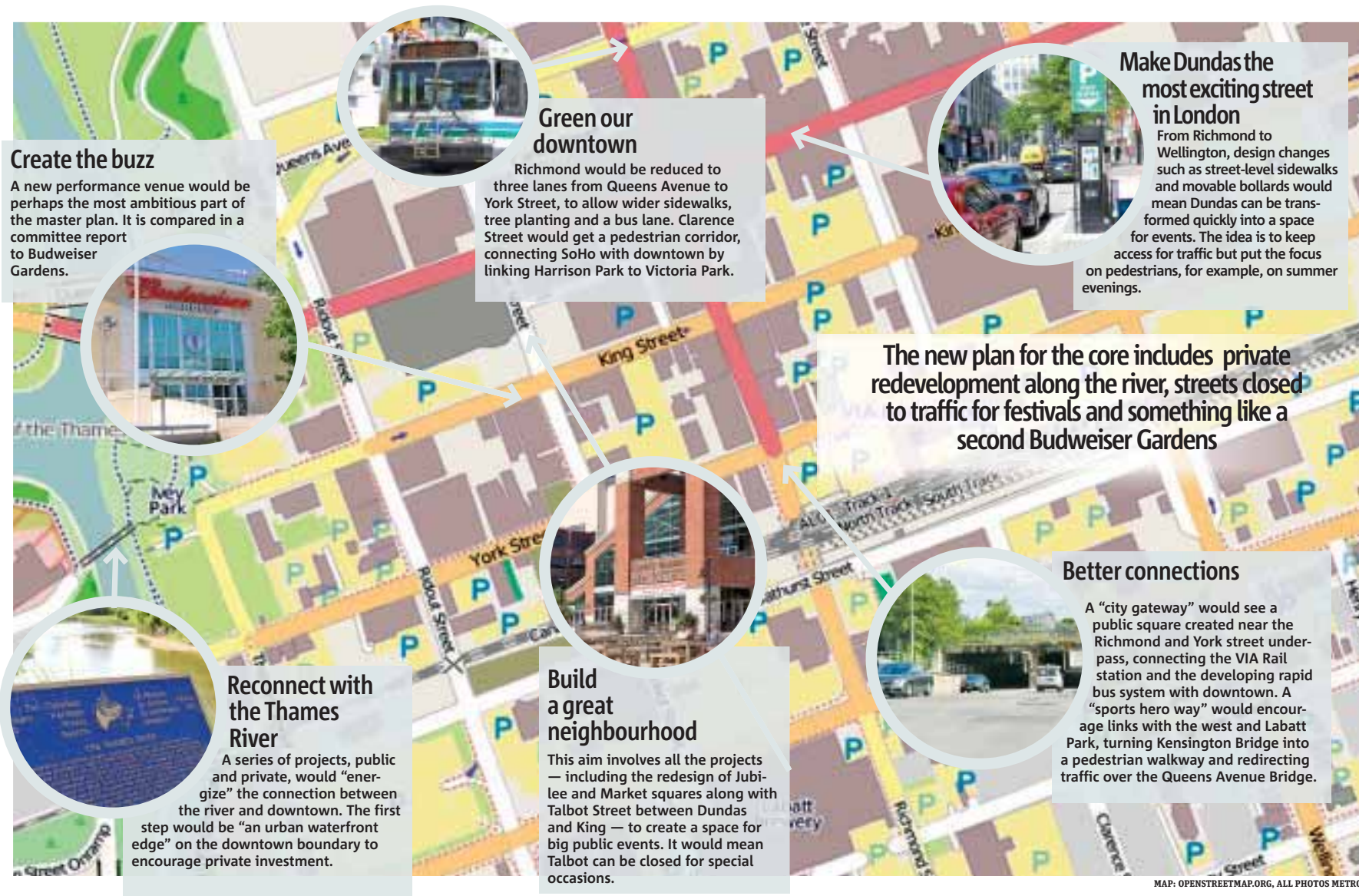
"Kathleen Wynne said she'd go down a very different path, but five months later it's more of the same," Hudak told reporters. "More spending, more giveaways to the unions and Kathleen Wynne is an active participant in the coverup of the gas plant scandal."

The Tories plan to run the 30-second TV ads during

the remainder of the Stanley Cup finals, with the theme "Nothing Has Changed" since McGuinty turned over the keys to the premier's office to Wynne in February. Wynne made it clear on Monday she isn't worried about the ads.

"I understand that the opposition is going to do what the opposition is going to do, and I need to stay focused on growth of the economy in Ontario," she said. THE CANADIAN PRESS

1 NEWS



Downtown Forest City biz hyped up for master plan

'Ball is rolling.'

Businesses say anything to make the area more vibrant is welcome, but there's already plenty of 'buzz' around town



MIKE DONACHIE
mike.donachie@metronews.ca

City council may be working to "create the buzz" in the downtown, but businesses say

the positive vibes are already there.

The area's new master plan is an ambitious one, and is definitely not guaranteed to happen, but the idea is to repeat the success of London's Millennium Plan.

A report to be discussed by council's planning and environment committee on Tuesday says the master plan aims to make the downtown greener, more pleasant and easier to reach.

Jim Hands, vice-president and general manager of King-smill's department store, is "excited" about plans to make

Dundas Street more flexible in its uses.

"Flexible doesn't mean no buses and cars, but it allows it to be more pedestrian- and bike-friendly at the same time," Hands said.

"It is really to create a much more vibrant, user-friendly downtown that really becomes the calling card for anybody that comes into a city.

"Downtown tells the story of a city and its vibrancy."

At Nash Jewellers, Colin Nash agreed, saying: "The ball is rolling, the atmosphere is there."

"It's just a matter of time and a couple of pieces of the jigsaw — social services need to get decentralized and the buses need to get rerouted," he said.

"I think that the problem with downtown London is that Dundas is probably the narrowest street corridor in the city, yet it's supposed to be the heart of the city.

"We have buses and cars and pedestrians and it's just a big coagulation of people. It's intimidating."

He stressed he does not object to the buses but thinks traffic should ease off

Make Dundas the most exciting street in London

From Richmond to Wellington, design changes such as street-level sidewalks and movable bollards would mean Dundas can be transformed quickly into a space for events. The idea is to keep access for traffic but put the focus on pedestrians, for example, on summer evenings.

The new plan for the core includes private redevelopment along the river, streets closed to traffic for festivals and something like a second Budweiser Gardens

Better connections

A "city gateway" would see a public square created near the Richmond and York street underpass, connecting the VIA Rail station and the developing rapid bus system with downtown. A "sports hero way" would encourage links with the west and Labatt Park, turning Kensington Bridge into a pedestrian walkway and redirecting traffic over the Queens Avenue Bridge.

MAP: OPENSTREETMAP.ORG, ALL PHOTOS METRO

A look back

The last big injection of cash downtown was the Millennium Plan, which the report headed to a council committee calls "astounding" in its success.

- It saw the revitalization of Covent Garden Market and

the creation of Budweiser Gardens.

- It also led to a \$335-million increase in the value of the downtown area between 2002 and 2011.

on Dundas.

At Heroes comic book store, Brahm Wiseman said he's "all for" the master plan and London needs a "gathering space" for events.

"Any way we can create a draw to events downtown is a great thing," he said.

"I would love to see Dundas and Richmond become a smaller version of Times Square."

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Medical students, workers protest refugee health cuts

Rally. Federal cuts limiting care will be felt most at local, provincial levels, opponents claim

JEREMIAH RODRIGUEZ
london@metronews.ca

Local health-care workers and medical students took to the streets Monday to protest federal cuts to the refugee health plan.

The cuts mean refugees coming to Canada through programs other than those run by the government will now only receive limited care, the protesters said.

That, said Dr. Bhooma Bhyana, isn't what Canada stands for.

"Canadians value equity

and justice and health care for all," she said. "Taking people and refugees through our doors and then denying them this basic human right once they get in is really unconscionable."

The protest was one of many organized across the country Monday by the advocacy group Canadian Doctors for Refugee Care. Along with London, people staged demonstrations in 18 other cities.

Opponents to the federal

The right to health care

"I did not take an oath to this government so that I could cut off my patients when they needed me most."

Medical student Tarek Loubni

cuts say they will be felt most at the local and provincial levels. The cost of caring for refugees — ranging from emergency visits to preventative care — will be passed on to local hospitals and the Ontario government, supporters of Canadian Doctors for Refugee Care said.

The advocacy group formed nearly a month after the cuts were proposed in April 2012.

The fiscal cost of the cuts can't outweigh the moral cost, said Tarek Loubni, a Western University medical student.

"I did not take an oath to this government so that I could cut off my patients when they needed me most," Loubni said during the rally.

For more information about Canadian Doctors for Refugee Care, visit doctorsforrefugeecare.ca.



Jessica Jackson, 24, of St. Thomas, participates in a Canadian Doctors for Refugee Care rally Monday at Wellington Street and Dufferin Avenue. Jackson is a third-year medical student at Western University. ANGELA MULLINS/METRO

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NSA leaker Snowden hits back at American critics

Intelligence. In web chat, man in hiding remains defiant over decision to release secret documents

Edward Snowden, the National Security Agency leaker, defended his disclosure of top-secret U.S. spying programs in an online chat Monday with The Guardian and attacked U.S. officials for calling him a traitor.

"The U.S. government is not going to be able to cover this up by jailing or murdering me," he said. He added the government

Quoted

"Being called a traitor by Dick Cheney is the highest honour you can give an American."

Edward Snowden

Syria

Be wary of arming rebels: Assad

Syria's president warned that Europe "will pay a price" if it delivers weapons to rebels fighting to topple him, saying in an interview published Monday that arming them would backfire as the "terrorists" return to their countries with extremist ideologies.

Assad's comments were his first since Friday's decision by U.S. President Barack Obama to authorize weapons and ammunition shipments to Syrian rebels.

THE ASSOCIATED PRESS

Alleged harassment

Students seek asylum in Uganda

Sixteen Rwandan students are seeking asylum in Uganda, saying they are the victims of harassment by security officials back home for refusing to join a Congolese rebel movement that allegedly recruits inside Rwandan territory.

The allegations are the latest sign that the Rwandan government is the not-so-secret backer of the M23 rebel group in Congo.

THE ASSOCIATED PRESS



Edward Snowden, who worked as a contract employee at the U.S. National Security Agency, is seen in Hong Kong on June 9. Snowden defended his actions in a live chat with The Guardian newspaper on Monday. THE GUARDIAN/THE ASSOCIATED PRESS FILE

"immediately and predictably destroyed any possibility of a fair trial at home" by labelling him a traitor, and indicated he would not return to the U.S. voluntarily.

Congressional leaders have called Snowden a traitor for re-

vealing once-secret surveillance programs two weeks ago in The Guardian and the Washington Post. The National Security Agency programs collect records of millions of Americans' telephone calls and Internet use as a counterterrorism tool. The

disclosures revealed the scope of the collections, which surprised many Americans and have sparked debate about how much privacy the government can take away in the name of national security.

THE ASSOCIATED PRESS

G8. Obama, Putin agree to pursue Syrian peace talks despite differences

Russian President Vladimir Putin told U.S. President Barack Obama on Monday that their positions on Syria do not "coincide," but the two leaders said during the G8 summit that they have a shared interest in stopping the violence that has ravaged the Middle Eastern country during a two-year-old civil war.

Obama acknowledged in a bilateral meeting with Putin in Northern Ireland that they have a "different perspective" on Syria but he said that both

leaders wanted to address the fierce fighting and also wanted to secure chemical weapons in the country. The U.S. president said both sides would work to develop talks in Geneva aimed at ending the country's bloody civil war.

While Putin has called for negotiated peace talks, he has not urged Syrian President Bashar Assad to leave power, and he remains one of Assad's strongest political and military allies.

THE ASSOCIATED PRESS



U.S. President Barack Obama meets with Russian President Vladimir Putin in Enniskillen, Northern Ireland, on Monday. They discussed the ongoing conflict in Syria during their bilateral meeting. EVAN VUCCI/THE ASSOCIATED PRESS

Fallout. Report of British snooping on foreign diplomats raises hackles

A newspaper report that British eavesdropping agency GCHQ repeatedly hacked into foreign diplomats' phones and emails has prompted an angry response from traditional rival Russia and provoked demands for an investigation from Turkey and South Africa.

Although spying on diplomats is as old as diplomacy itself, The Guardian's report laid out in explicit detail steps taken by GCHQ to monitor foreign officials' conversations in real time, saying that British spies had hacked emails, stolen passwords and gone so far as to set up a bugged Internet café in an effort to get an edge in high-stakes negotiations.

The Guardian cited more than half a dozen internal government documents provided by former NSA contractor Edward Snowden as the basis for its reporting on GCHQ intelligence operations, which it says involved, among other things, hacking into the South African Foreign Ministry's computer network, targeting the Turkish

No comment

Speaking at the G8 summit, U.K. Prime Minister David Cameron declined to address the issue.

- "We never comment on security or intelligence issues and I am not about to start now," he said.

delegation at the 2009 Group of 20 summit in London and using the vast spying base at northern England's Menwith Hill to monitor the satellite communications of Russian leader Dmitry Medvedev.

Russians responded angrily. "It's a scandal! The U.S. and British special services tapped the vast spying base at northern England's Menwith Hill to monitor the satellite communications of Russian leader Dmitry Medvedev. The U.S. denies it, but we can't trust them," Alexei Pushkov, the chief of the foreign affairs committee in the lower house of Russian parliament, wrote on his Twitter feed Monday. THE ASSOCIATED PRESS

THE TRUTH ABOUT BREAST HEALTH REVEALED



INTERNATIONAL FOOD FESTIVAL

Canadian Breast Cancer Foundation

PinkTour

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Victoria Park, 509 Clarence St., London

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Calgary. Mother and her newborn evicted from 'adults-only' building

She's been a mom for mere days, but now Lenora Belanger is facing the daunting task of finding a new home.

The 28-year-old has been informed by resident managers at Calgary's southwest Colonial Manor that the building is for "adults only" and she must get out no later than Tuesday — the actual day little Faith Belanger was expected to be born.

After going through labour Thursday, Lenora said she's not even able to help pack boxes, relying heavily on her 63-year-old mother Elaine Belanger to co-ordinate a temporary move into a relative's place.

"We were only asking for another month," she said. "There was nothing available in July, but we found a number of places for August."

Lenora said she, her mother and partner suffer from financial hardship. During the pregnancy, they had attempted to find a place through the Cal-

Anxiety

"This has been really hard on my health. I don't know what we're going to do."

New mother Lenora Belanger

gary Housing Company, but the most recent letter from the organization indicates they are on a "low-priority" wait list.

Susan Coombs with the Alberta Human Rights Commission confirmed landlords are allowed to run adults-only properties; however, the practice is barred in Ontario and legal rulings in B.C. and Nova Scotia have also found such regulations unreasonable.

Resident Manager Rick Gravestock said he's simply following the rules, adding the Belangers refused to pay their rent for June after learning of the eviction.

JEREMY NOLAIS/METRO IN CALGARY



Lenora Belanger and her newborn Faith. The pair, along with mother Elaine, are expected to have cleared out of their "adults-only" manor in Calgary no later than Tuesday. JEREMY NOLAIS/METRO IN CALGARY

Royal in recovery

Prince Philip leaves hospital

Britain's Prince Philip was discharged from hospital on Monday, 10 days after undergoing exploratory surgery on his abdomen.

Philip, who turned 92 last week, had an operation under general anesthetic on June 7.

He has suffered heart and bladder problems in the past, but officials have not released details about his current condition.

The palace said the prince is expected to spend two months convalescing.

THE ASSOCIATED PRESS

Of planes and pens

F-35 maker inks deal with flight sim company

The U.S. manufacturer of the oft-maligned F-35 has signed a deal with a leading Canadian maker of flight simulators in anticipation of the Harper government choosing to stick with the controversial stealth-fighter program.

The deal between Lockheed Martin and CAE was announced as associate defence minister Kerry-Lynne Findlay declared that no decision has been made on replacing the existing fleet of CF-18s. THE CANADIAN PRESS

'Trust me' mayor nabbed for bribery

Montreal. Special police unit arrests two others for corruption, is investigating suicide

The replacement Montreal mayor, who recently took office amid a corruption scandal and who promised to restore public trust, has been arrested in a bribery case.

Mayor Michael Applebaum was picked up at his home on Monday by Quebec's anti-corruption unit as part of a broader investigation.

There were widespread calls for Applebaum's resignation as he was slapped with 14 charges, including fraud, conspiracy, breach of trust and corruption in municipal affairs.

Just seven months ago he ascended with a promise to lead Montreal out of its era of sleaze.

"We will regain the confidence of our citizens," Applebaum said at the time.

The charges stem from alleged acts that occurred between 2006 and 2011, before he became mayor, relating to real-estate projects in the west-end borough Applebaum led.

Police said they believe bribes were paid to influence zoning and permit decisions.

"We can no longer tolerate these reprehensible acts," Robert Lafreniere, head of the provincial police anti-corruption squad, said on Monday.

Also arrested was a former employee of the Harper government.

Saulie Zajdel — nicknamed the "Shadow" MP, as the Tories hoped to gain a foothold in Montreal in 2011 — faces five charges including bribery, breach of trust, fraud and corruption.

An investigative report by



Montreal Mayor Michael Applebaum rose to his position with a promise to rebuild trust. RYAN REMIOWZ/THE CANADIAN PRESS

Americans have a laugh

There was a particularly humorous reaction in the U.S., where Toronto Mayor Rob Ford's ongoing troubles have provided considerable fodder for comedians.

- The Atlantic magazine ran a story on its website titled: "What the Heck Is the Matter with the Mayors of Canada?" The article began: "So a Canadian mayor was arrested Mon-

day and, no, it was not the one you expect."

- There was a similar response on the Gawker website: "A major Canadian city woke up to find out that its mayor had been arrested at his home," began a post, "and it wasn't even the guy who smoked crack on video!" — an allegation about Toronto's mayor that has not been proven.

U.S. does not spy on Canadians: Ambassador



U.S. ambassador David Jacobson
THE CANADIAN PRESS FILE

In his nearly four years as U.S. President Barack Obama's envoy to Canada, David Jacobson has always stressed his desire to bring Americans and Canadians closer.

But in the wake of intense debate over the U.S. National Security Agency collecting large swaths of data on its citizens from major Internet companies, Jacobson makes one large distinction.

"The United States does not spy on Canadian citizens," Jacobson told The Canadian Press on Monday.

Leaked NSA documents obtained by Britain's Guardian newspaper disclosed how the top-secret program called Prism has given the U.S. government access to a huge cache of digital information.

That has sparked a probe by Canada's privacy com-

missioner, Jennifer Stoddart, about the implications of that U.S. program for Canadians.

"The United States government respects privacy, they respect individual liberties," Jacobson said.

"Quite frankly, these are concepts that in large measure were invented in my country. We care very much about them."

THE CANADIAN PRESS



London's Info-Tech Research Group has bought the historic Masonic Temple building in Toronto, which was most recently home to MTV Canada and previously hosted famous bands like the Foo Fighters. TORSTAR NEWS SERVICE FILE

London company purchases T.O.'s Masonic Temple

Real estate. Info-Tech Research Group will put satellite office in storied space where everyone from Frank Sinatra to Led Zeppelin played

Toronto's storied Masonic Temple has found a new owner in an Ontario-based technology consulting firm after Bell Media decided to sell the former concert hall earlier this year.

Info-Tech Research Group says it has paid \$12.5-million for the historic building, which was most recently home to MTV Canada and previously hosted famous

rock bands like the Rolling Stones and Led Zeppelin.

Info-Tech, which is headquartered in London, Ont., will renovate the six-storey building on Yonge Street to accommodate its Toronto satellite office.

Joel McLean, the company's president and CEO, says Info-Tech wanted a space that could house its employees, but also impress visitors from outside the country.

"We're consistently inviting company after company into Toronto (and) we wanted something that was spectacular to come see," he says.

"This spot not only offers an amazing space ... but it's got great history."

THE CANADIAN PRESS

Online privacy

Apple discloses U.S. government requests for data

Apple says it received between 4,000 and 5,000 requests from U.S. law enforcement for customer data for the six months ended in May.

The company, like some other businesses, had asked the U.S. government to be

able to share how many national security requests it received. Those requests were made as part of Prism, the recently revealed National Security Agency program.

Apple said the most common requests came from police investigating robberies and other crimes, searching for missing children, trying to locate a patient with Alzheimer's disease, or hoping to prevent a suicide. **THE ASSOCIATED PRESS**

Market Minute



DOLLAR
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(-0.08¢)



TSX
12,288.90 (+101.53)



OIL
\$97.77 US (-8¢)



GOLD
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SCREEN TIME DISRUPTS A GOOD SNOOZE

Lately, there are lots of questions keeping me up at night: Is there actually a Rob Ford crack video? What on Earth is going on in Game of Thrones? Is my wireless router slowly rotting my brain? But what's really causing me to lay awake past my bedtime isn't this cycle of my own erratic thoughts—it's my beloved cellphone.

Checking emails and scrolling through my Facebook news feed has become as much a part of my nighttime routine as brushing my teeth. And I know I'm not alone.

In 2012, Time Mobility released a research study on the mobile habits of 5,000 individuals in eight different countries around the world. Eighty-four per cent of the respondents admitted to sleeping with their mobile phones in their bedroom, 68 per cent choosing to keep their device within arm's reach. As phones and tablets replace alarm clocks and good



SHE SAYS
Jessica Napier
metronews.ca

books as the most ubiquitous bedside accessory, our minds and bodies are beginning to suffer.

Listening to music or watching TV might seem like an ideal way to unwind after a long day, but staring at backlit devices late at night can actually trick your body into thinking it's daytime and disrupt the length and quality of your sleep. The artificial light emitting from tablet and smartphone screens is a form of optical radiation which effectively inhibits sleep-promoting neurons in the brain and suppresses the release of melatonin, an important hormone that helps to regulate our internal clock. In fact, two hours of exposure to a bright screen at night can reduce melatonin levels up to 22 per cent.

Far from lulling us to sleep, those late-night Netflix marathons are actually disrupting our body's natural circadian rhythms and keeping us up at night.

Those of us getting less than the recommended seven to eight hours of sleep a night are susceptible to a myriad of physical and cognitive side effects including elevated blood pressure levels, reduced mental clarity, and an increased risk of diabetes and obesity.

Most of us know the importance of a good night's sleep, but we don't necessarily think twice about satisfying our late-night tech cravings.

Most doctors recommend switching off at least an hour before your head hits the pillow. It's also wise to relocate mobile devices away from the bedroom to prevent heavy users from checking messages in the middle of the night.

The thought of sleeping in a different room than your iPhone might give you separation anxiety, but the mental and physical damage caused by 24-hour mobile habits are far worse than a couple of missed emails.

Follow Jessica Napier on
Twitter @MetroSheSays



ZOOM

Organ transplants hot off the printer



ALLEN BREED/THE ASSOCIATED PRESS

Doctors experiment with 3D printers

Dr. Anthony Atala holds the "scaffolding" for a human kidney created by a 3D printer in a laboratory at Wake Forest University in Winston-Salem, N.C.

Instead of depositing ink, the printer puts down a gel-like biodegradable scaffold plus a mixture of cells to build

a kidney layer by layer. Atala expects it will take many years before printed organs find their way into patients.

The university is experimenting with various ways to create replacement organs for human implantation, from altering animal parts to building them from scratch with a patient's own cells.

METRO

Another alternative

- Here's the dream scenario: A patient donates cells that the lab uses to seed onto a scaffold that's shaped like the organ needed. Then, says Dr. Harald Ott of Massachusetts General Hospital, "we can regenerate an organ that will not be rejected."

Not possible yet

There are plenty of challenges with this organ-building approach. One is getting the right cells. Cells from the patient's own organ might not be available or usable. So scientists are exploring genetic reprogramming so blood or skin cells could be turned into appropriate cells. **METRO**

Clickbait



HANNAH ZITNER
hannah.zitner@metronews.ca

The best camera is the one that's with you. Or so the saying goes by photographers-turned-'iPhonographers' too lazy to schlep around a real camera. But luckily, you don't have to choose sides in the 'real' camera versus iPhone fight. Follow these professional photographers who use iPhones, too.



@coryrichards:

Everything you'd imagine from a National Geographic photographer, from pics of the Milky Way over a stilt settlement in Indonesia to cowboys and Mustangs in the Wild West. [coryrichards.com](#)

@zakshelhamer:

Warning: Following this adventurer/

photographer might make you want to quit your day job and hit the beach, trail or mountains. [photosbyzak.com](#)

@chrisconnolly:

This Instagrammer puts his analogue skills to use in the digital realm. Bold colours. Symmetry. Lines. Texture. Check out his digital and film work at [15by8.com](#).

Comments

RE: It's A Darwinian World Out There, And We're Raising Generation Wuss, published online June 17

Sure. As a parent you're developmentally ready for those realities. Are you really sure the kids are? Evidence disagrees with you STRONGLY. It's time to cater the content and the timing of the message to the right age groups. We do it with alcohol. We do it with voting. This is catering to what we've learned are the needs and abilities of younger groups.

Talking tough only serves to misrepresent the reasons this is being done. And it makes you look self interested as a parent in my opinion.

Dennis posted to metronews.ca

Growing up in my generation it was a hard cruel world. Racism and bullying was an expected norm. If you had social or learning problems, everyone just assumed you'd be pumping gas or in jail by the time you got out of school if you graduated at all.

Today, we as a society have gone to the extreme. There needs to be consequences for our actions. We need to teach our kids that no, you do not win all the time, but just because someone is better at something than you are doesn't mean you are less of a person. Or just because you are better at something than the other person it doesn't make you superior it just makes you better at that. **Gigi Green posted to metronews.ca**

WE WANT TO HEAR FROM YOU:
Send us your comments: londonletters@metronews.ca

The universe of Kanye

We're just lucky enough to live in it. Today his new album, Yeezus, drops, and we look at the rapper's awesome awesomeness.

MICHELLE CASTILLO
scene@metronews.ca

COLLABORATORS

Entourage 2007 — In one episode, Kanye saved the day when he offered to take Vinny Chase and co. to Cannes on his private plane.



Daft Punk 2007/2013 — He sampled the French duo's Harder, Better, Faster, Stronger on Stronger and they helped out with three or four "joints" (as Kanye put it) on Yeezus.



Bon Iver 2010/2013 — Two tracks from My Beautiful Dark Twisted Fantasy — Woods and Monster — featured the folk artist's efforts. They work together again on Yeezus.

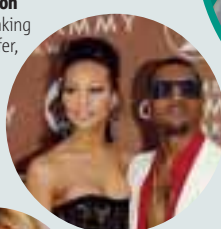


The Cleveland Show 2010 — Kanye stars as Kenny West, Cleveland Jr.'s rival, on the Family Guy spinoff. He's reprised his role in four additional episodes since.

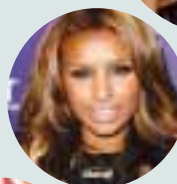
Skrillex 2013 — Kanye and the Dub-step king confirmed they collaborated on a track for Yeezus



Brooke Crittendon 2004 — While taking a break from Phi'er, Kanye dated the Harlem Heights star.



Alexis Phifer 2002 to 2008 — Kanye proposed to the designer in 2006, but they never married.



Amber Rose 2008 to 2010 — It put the model into the limelight. She's now engaged to Wiz Khalifa.



Selita Ebanks 2010 — After the Victoria's Secret model starred in his Runaway video, the two reportedly got together.



Kim Kardashian 2012 to present — Kanye just had a baby girl with the reality TV star, who also inspired tracks like Cold.

LOVERS

CONTROVERSIES



Kanye vs. AIDS 2005 — During a Live 8 tour, Kanye announces that AIDS was a "man-made disease... placed in Africa just like crack was placed in the black community to break up the Black Panthers."



Kanye on South Park 2009 — Fuelled by his massive ego, a cartoon "Kanye" goes into a murderous rage after not getting a joke. "It hurts my feelings," he wrote on his blog, "but what can you expect?"



Kanye vs. Taylor Swift 2009 — You remember the below. Kanye would apologize to Swift for interrupting her MTV award win, but took back the apology just this week.



Kanye as Hitler 2011 — Kanye says that people look at him as if he's Hitler, during a British concert. The crowd boos.

Obama vs. Kanye 2009 / 2012 — After his MTV antics, the president called Kanye a "jackass" — twice. "I don't give a f—k what the president's got to say," Kanye rapped.



Donda West Plastic Surgery Law 2009 — California governor Arnold Schwarzenegger signs a law requiring people to undergo a physical examination before undergoing plastic surgery after Kanye's mother dies during a cosmetic procedure

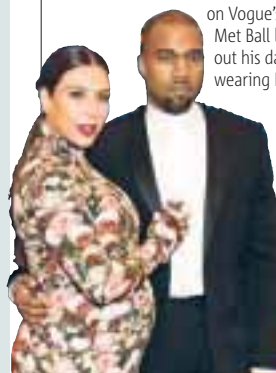


Fatburger 2008 — Kanye opened up a branch of the chain in his hometown of Chicago, but it closed down in February 2011.



Louis Vuitton X Kanye West 2009 — The rapper released three styles of high-top sneakers — Don's, Jasper's and Mr. Hudson's — and announced his intent to change his name to Martin Louis the King Jr.

Met Ball 2013 — Yeezy gets put on Vogue's Best Dressed at the Met Ball list — but they crop out his date, the floral couch-wearing Kim Kardashian.



Nike Air Yeezy 2009, 2012 — The rapper was the first non-athlete to work with the brand, and has released two editions to date.



LIFESTYLE

2 SCENE



Nigella Lawson ALL IMAGES GETTY

Nigella Lawson's hubby insists throat grab on his wife was a 'playful tiff'

Police are investigating an apparent incident between celebrity chef Nigella Lawson and her husband, advertising executive Charles Saatchi, during which he reportedly grabbed her throat at a London restaurant, according to the Mirror. Witnesses say Lawson left the lunch in tears. "Officers from the Community Safety Unit in Westminster are aware" of

the incident, a police spokesperson says. "Inquiries are in hand to establish the facts of the incident." But Saatchi insists it was just a "playful tiff," telling the Evening Standard, "We were sitting outside a restaurant having an intense debate about the children, and I held Nigella's neck repeatedly while attempting to emphasize my point."



Amanda Bynes

Bynes not very happy after tourists get snappy

Amanda Bynes really doesn't like getting her picture taken, as a father and son learned this weekend in Atlantic City when they came across the young actress stumbling about carrying armloads of bags in a hotel lobby. Brett Cohen says that things turned ugly when his father, Bobby, snapped a photo of Bynes with his cellphone, according to E! News. "As soon as he took the picture she kind of stopped and said, 'Sir, I need you to delete that. You can't take pictures of me.' She kind

of lunged at him to take his phone," Cohen says. "She is trying to grab his phone from him and he starts walking away from her. She started following him and touching his shoulder trying to get his phone." Eventually security broke them up and Bynes tried to complain, but the Cohens were allowed to remain in the hotel. "I feel bad for her," Brett Cohen adds. "Everyone goes through tough times. I feel bad that it's so public. It's unfortunate."

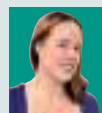
METRO DISH

OUR TAKE ON THE WORLD OF CELEBRITIES

The Word



Show of unity from Sharon and Ozzy amid divorce rumours



THE WORD
Dorothy Robinson
scene@metronews.ca

Despite the rampant rumours that Ozzy and Sharon Osbourne are divorcing, the two looked very cosy on Sunday night at the 40th annual Daytime Emmy Awards in Beverly Hills, Calif. Allegations have swirled since April that the long-married pair are living separately, with Ozzy in a

rented Beverly Hills mansion and Sharon at the Beverly Hills Hotel. "They are living at different addresses and not spending any time together," a source recently told the Sun. Ozzy talked about the divorce rumours on social media. "For the last year and a half I have been drinking and taking drugs," Ozzy wrote on his Facebook page in April. "I was in a very dark place and was an a—hole to the people I love most, my family. However, I am happy to say that I am now 44 days sober. Just to set the record straight, Sharon and I are not divorcing. I'm just trying to be a better person." And now they are having a date night. All together now: "Awwwwww."



Angelina Jolie and Brad Pitt

Pitt: It's 'business as usual' for Jolie after treatment

Brad Pitt says Angelina Jolie is recovering from her voluntary double mastectomy and that it's "business as usual" following the treatment. "Her focus now is that all people have access to testing. If you do your research it doesn't have to be scary,

it can be an empowering thing," Pitt tells Good Morning America while promoting World War Z, his latest film. "It's business as usual, she's doing great. When she wrote (her New York Times essay), we had already come out the other end."



Kate Middleton

Due date looming, Kate's done with appearances

Kate Middleton made her final public appearance this weekend before the birth of her first child, due next month, according to Radar Online. Flanked by her husband, Prince William, and her brother-in-law, Prince Harry, the Duchess of

Cambridge smilingly observed the Trooping of the Colours parade in celebration of the Queen's birthday dressed in a pink coat and hat. Kate and William's child is due in mid-July.



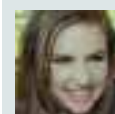
Twitter



@TheRealRosanne
just experienced my fourth earthquake in six weeks-omg



@RickiLake
I know I'm a little late, but Downton Abbey is soooooo good.



@lenadunham
Can someone tell me whether we're supposed to be offended by Johnny Depp's portrayal of Tonto or not? Must know for dinner parties/twitter.

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Prep for the first summer sun

Brown skin does not always mean burnt skin. Five things to check off your list before smothering yourself in tanning oil

ROMINA MCGUINNESS
life@metronews.ca



Which SPF should I use?

"People with fair skin (types 1 and 2) should always wear a waterproof sunscreen with an SPF 30 to 50, and darker types (three to six), an SPF of at least 15," Dr. Nick Lowe, skin care expert and founder of the Cranley Clinic in London, tells Metro.

Make sure your sunscreen contains a proven UVA protection.

"UVA rays are aging and UVBs are burning. Whereas UVB rays damage the skin's more superficial epidermal layers, leading to redness and burns, and later cancers, UVA rays penetrate the skin more deeply."

Should I be worried about moles?

"Melanoma is a form of skin cancer that arises in a pigment cell. People tend to associate melanoma with moles (they contain more pigment cells, meaning you've got more to damage and more to change into a cancerous cell) when in reality, they only account for 50 per cent of cases. The other 50 per cent arise from pigment cells in the skin that turn into what looks like a mole. So you need to look out for any change in an existing mole," Lowe explains.



Is there anything I absolutely need to take to the beach?

"If you're going to spend the day in the sun, especially between 10 a.m. and 3 p.m., when the rays are most damaging, make sure you have sunscreen, sunglasses and a hat," says Lowe. "Ideally, invest in sun protective clothes and accessories that come with an SPF of 50 plus from brands such as Coolibar (coolibar.com). Unlike lotion, it doesn't wear or wash off."

After a few days in the sun, I drop my SPF, right?

It doesn't matter whether it's the first time or 10th time you go in the sun, never decrease the SPF factor you started off with.

"A lot of people reduce their SPF the minute they get a tan. They mustn't do that," warns Lowe.

Why? Because even though our skin has a natural SPF, it's tiny compared to how much you need. "The protection increases with your natural skin colour so the darker your skin the more protection your tan will give you," he explains.



If I get a salon tan, am I less likely to burn?

"The danger of sunbeds is that they fool people into thinking they're protected when in reality, the resultant tan is very poor as the pigment doesn't spread uniformly across the skin," says Lowe. According to The Skin Cancer Foundation, the high-pressure sun lamps used in salons emit doses of UVA almost 12 times that of the sun.

Understanding your skin type, by Dr. Nick Lowe

Skin Type 1	Skin Type 2	Skin Type 3	Skin Type 4	Skin Type 5	Skin Type 6
Characteristics: red heads, very fair skin, freckles Burns: always burns, never tans Summer sunburn time: 7 to 10 mins Recommended SPF protection: 50 + UVA	Characteristics: Burns: burns easily, minimum tanning, tans very light brown Summer sunburn time: 10 to 20 mins Recommended SPF protection: 30 + UVA	Characteristics: Burns: moderate burns, tans to light brown Summer sunburn time: 20 to 30 mins Recommended SPF protection: 20 + UVA	Characteristics: Burns: minimal burns, tans well Summer sunburn time: 60 mins Recommended SPF protection: 15 + UVA	Characteristics: Burns: rarely burns, tans to dark skin Summer sunburn time: 90 mins Recommended SPF protection: 15 + UVA	Characteristics: Burns: rarely burns, already deeply dark Summer sunburn time: 120 mins Recommended SPF protection: 15 + UVA

3
TIPS



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Ontario



Best Health

Give Nordic walking a chance



BEST HEALTH MINUTE
Bonnie Munday
Editor-in-chief
Best Health Magazine

You've seen those people striding along the streets and through parks with poles in their hands.

They're doing Nordic walking, or urban poling, a super-charged fitness routine that will give you a low-impact, full-body workout.

The latest issue of Best Health magazine profiles a few women who love this activity.

Nordic walking was created in Finland in the 1930s and has been growing in popularity in North America and Europe since the 1990s.

Walkers use a pair of lightweight poles similar to cross-country ski poles, but shorter.

They use 600 muscles in the entire body, burning about 400 calories an hour. Regular walking burns about 330 calories.

How should you dress?

Just as you would for a brisk walk: wear layers in cool weather, and comfortable walking shoes.

Expect to pay about \$60 and up for a decent pair of poles, which should be about two-thirds of your height.

Some parks and recreation departments across Canada lend poles so you can try them out.

You can take a lesson or two from an instructor certified by an organization such as the Canadian Nordic Walking Association (cnwa.info) to make sure you have proper form. Walk on your own, or find a group at urbanpoling.com, through your local kijiji.ca or meetup.com listings, or at your local recreation centre.

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Hey! I want my zinc back

Health. Taking the pill? It might be leaching nutrients from your body

LINDA CLARKE
Metro World News

Ross Pelton, author of *The Pill Problem*, says that his career has bridged two worlds: that of a registered pharmacist dealing with medications and that of a certified clinical nutritionist concerned with natural healing.

This duality has led him to discover what he calls drug-induced nutrient depletion. This side effect of medications can't be measured in nausea, vomiting, headaches or whatever is on those unappealing lists. Rather, drug-induced nutrient depletion happens slowly, over time, as a medication either inhibits absorption or production — or leaches — nutrients from the body. Among the many common drugs that produce



Oral contraceptives can deplete regular nutrients. ISTOCK PHOTOS

this are oral contraceptives, which prompted Pelton to write *The Pill Problem*.

"As a class of drugs, oral contraceptives have an enormous effect on nutrients," said Pelton. "They deplete all B-vitamins, magnesium, selenium, zinc, tyrosine and coenzyme Q10. The only other medication that comes close to its effect on nutrients is steroids."

According to Pelton's book, without these nutrients, ailments such as depression, sexual malaise, lack of energy and insomnia can develop. To avoid this, Pelton recommends nutritional supplements to counteract the depletion.

"Even with a healthy diet, you can't get the therapeutic levels needed," he said.

"I'm concerned with opti-

More help

Besides a good quality multi-vitamin and mineral supplement, Pelton recommends additional supplements, too

- To counteract depression. "Folic acid helps," he said. "We now know that it should be taken in the form of l-methylfolate, the active form. Tyrosine, which is an amino acid, is also necessary. 5HTP and B6 are needed for serotonin production, which helps with mood. Lowered serotonin means lower melatonin, which causes sleeping problems, increasing depression."

mal health and the prevention of illness. Women who take oral contraceptives should take a high-potency multi-vitamin and multi-mineral supplement to provide adequate levels to prevent problems."

How to feel good naked

Health. The author of *WomanCode* turns your body into a "power source" with these tips

MEREDITH ENGEL

life@metronews.ca

Bloating. Zits. Decreased sex drive. If you're a woman, and you're aging up, we may have just described your average Tuesday night. Alisa Vitti, a hormonal health expert and the author of *WomanCode*, a book about "supercharging your sex drive," says it doesn't have to be that way.

"What's normal is a sex drive that increases as you age," she says. "You need to train the body to maximize the kinds of foods that provide us with micronutrients that help us produce optimal levels of hormones."

AVOID

SOY: More specifically, soy protein isolate. It's packed full

of estrogen, which can very often exacerbate many hormonal symptoms. However, small quantities of fermented soy, such as miso paste, tofu and tempeh, are OK.

COW'S MILK: It contains casein, a protein that can make

Small quantities only



Avoid



it difficult for nutrients to get to the target glands of the endocrine system (a collection of glands that secrete hormones). This can make it difficult for proper hormonal function and elimination and can worsen symptoms such as acne. Concerned about calcium? Bok Choy

Load up on



Load up on



and sesame seeds are good alternatives to dairy.

WHEAT: Or the protein that gives wheat-based foods such as pizza their chewy texture: gluten. It has been shown to decrease fertility in some individuals by raising stress levels.



Load up on

LOAD UP ON

GREEN JUICE: The antioxidant glutathione, present in raw fruit and vegetables, helps with egg quality, liver detoxification and to protect the ovaries. One juice a day is enough; just blend together some kale, cucumber, parsley, ginger, lemon and apple.

EGGS: Help the body make progesterone, the hormone that opposes estrogen and

keeps you balanced in terms of your mood.

AVOCADO: The creamy green fruit is a great source of essential fatty acids. As hormones are stabilized in a lipid ring, EPA's help keep them stable and functioning properly.

SPINACH and KALE: The dark, leafy greens contain calcium and magnesium that help the body break down and eliminate estrogen, which in excess, is at the root of many hormonal symptoms.

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Prenatal yoga. Just because you're a mom-to-be doesn't mean you have to slow down your healthy, workout lifestyle

ALISON
BOWEN
Metro World News

After advising countless pregnant clients, Kristin McGee is now able to take her own advice.

The celebrity trainer is expecting her first baby in July, and she is keeping fit to feel healthy throughout her own pregnancy.

"Don't be afraid to be a sexy mom," she advises moms-to-be. "Know you can still rock cute outfits that hug your curves. Don't hide in baggy clothes."

Prenatal yoga has helped, she says — it's specifically structured with poses that fight the discomforts of pregnancy and highlight re-



Embrace your baby bump. ISTOCK PHOTO

laxation and breathing exercises to cut stress. But avoid deep twists like a seated spinal twist, she cautions.

In her first trimester, yoga helped ease her nau-

sea, and in the second she slept better, she says, another perk she attributes to yoga.

McGee gave Metro five tips on keeping healthy dur-

ing pregnancy.

She's certified in yoga and pilates, but even if you don't — or can't — regularly hit the gym, these tips will keep you feeling your best.

Don't burn the tank tops

"Know you can still rock cute outfits that hug your curves. Don't hide in baggy clothes."

Kristin McGee
Celebrity trainer

Keep moving.

"You may feel tired, nauseous, low energy throughout your pregnancy, but I promise moving even just in small amounts helps beat fatigue, combat nausea and boost energy."

Do some yoga

"I've continued my practice, and I swear it's helped me not only feel better physically but also mentally. It's also helped me really bond with my body as it changes and my baby as he grows inside of me."

Drink lots and lots of water. Lots.

"This one is hard because the trips to the bathroom become more and more frequent, but it's super important to stay hydrated. Get some naturally

flavoured waters like Hint or make a big pitcher and add lemons, oranges, cucumbers and berries to it. I drink a lot of caffeine-free teas that are safe during pregnancy and put them on ice as well. Also, coconut water is very hydrating and helpful."

Tone with Thera-Bands

"These are lightweight yet add resistance. You can sit on the floor, legs straight out in front of you, and loop the band around your feet. Hold each end in your hands and do some low rows, high rows, bicep curls, etc."

Breathe deeply

"Give yourself a few moments each day to connect with your breath and tune in to your body."

A story of pilgrimage and food transformation

New book. Cooked: A Natural History of Transformation looks at how the elements transform items from nature into food

Michael Pollan makes a powerful argument for home cooking in his new book *Cooked*. Not only is cooking healthier, but it's also an important life skill he was surprised to find is pleasurable and rewarding.

"Whether you regard cooking as drudgery or alchemy is really in your head and it's really in the attitude you bring to it," says the author of *Cooked: A Natural History of Transformation*.

"I'm not trying to persuade people into the kitchen. I'm trying to entice them into the kitchen with the promise of satisfaction, pleasure and that's the surprise," he adds.

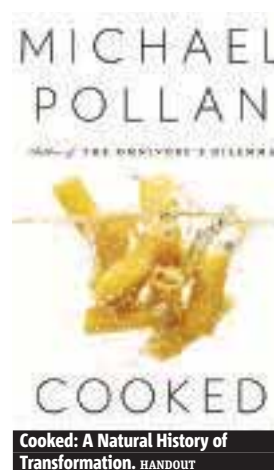
"It's easy to argue that cooking is good for you ... but the more important thing is that you're missing out, you're being robbed of incredible pleasure and satisfaction in life if you hand this



Chef Michael Pollan apprenticed himself to a series of culinary masters to discover how elements transform the stuff of nature into food. HANDOUT

incredible work over to corporations, so take it back for your own good and your own pleasure."

Cooked is an educational pilgrimage in which Pollan, 58, apprenticed himself to a series of culinary masters



Cooked: A Natural History of Transformation. HANDOUT

to discover how the classical elements fire, water, air and earth transform items from nature into food. He also shows how cooking involves us in relationships with farmers, history and culture and our family and friends.

The topic of food has been at the forefront of many of his six previous books, including the New York Times bestsellers *Food Rules*, *In Defense of Food*, *The Omnivore's Dilemma* and *The Botany of Desire*, but he hadn't written about cooking.

"It didn't engage me as a journalist until I realized how important it was to the food system. It really drove what kind of agriculture we had, whether we're cooking or not, and it had a huge bearing on our health and that's really when I decided it would be interesting to write about it," Pollan said during a recent visit to Toronto.

He says he'd always been impatient and inattentive in the kitchen because he felt pressured to get the task done and move on. But his cooking teacher Samin Nosrat taught him to apply the yoga principles of practice, patience and presence.

"Learning just how to be present when you're chopping onions or whatever the job is and not fight it, not try to multi-task, is very hard to learn. We are so used to multi-tasking, but I tend to see that the great luxury in life is uni-tasking, just doing one thing at a time."

"And when you start doing that in the kitchen this whole world opens up and it's incredibly pleasurable and it really almost is a practice, a meditation. And I say this as someone who is not a spiritual person at all."

The collapse of home cooking has affected the obesity epidemic, says Pollan, who's also a contributor to the *New York Times*.

"If you look at the numbers, as home cooking has fallen, obesity has risen in America. If you look around the world ... countries that still do a lot of home cooking have lower rates of obesity compared to countries that don't."

The types of foods consumed when you're not cooking at home tend to be full of fat, sugar and additives and the manufacturer has decided the portion size.

"You're not going to have french fries twice a day if you're cooking for yourself. It's too much work," says Pollan, who lives in Berkeley, Calif.

In *Cooked*, Pollan cites research from the NPD Group that Americans spend 27 minutes a day cooking and four minutes cleaning up.

"And that four minutes should raise eyebrows because how much cleaning up can you do in four minutes? It suggests that you're kind of crumpling a pizza box and scraping some plates."

THE CANADIAN PRESS

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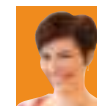
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With the speed of life being what it is, tween/teen kids may be the perfect solution to your healthy dinner dilemmas. Here are three meals that can be made by any 12-year-old. To be sure, run it through together once and then set them free to cook healthy. Pre-chop any ingredients and leave them in the fridge if you are concerned about small amounts of knife wielding, otherwise, these recipes are all safe.



NUTRI-BITES
Theresa Albert
DHN, RNC
myfriendinfood.com

3 healthy meals for kids 12 and up

Almond chicken with Arroz Verde

- 2 tablespoons ground almonds
- 1 teaspoon Dijon mustard
- 2 tablespoons cornmeal
- 1 teaspoon dill seeds
- 1-3 tablespoons water to thin
- 4 boneless skinless chicken breast halves

Mix first five ingredients together to form a paste. Rub on breasts and lay on a non-stick baking sheet. Cover with foil.

Bake in 325 F oven, 45 to 55 mins. depending on thickness of breasts, remove foil about half way.

Serve with Arroz Verde

- 2 large green bell peppers, stem removed, seeded, and chopped
- 1 small can jalapeño peppers
- 1 cup chopped fresh parsley
- 1 large onion, peeled and quartered
- 2 cloves garlic, (or 2

teaspoons jarred minced garlic)

- 1 teaspoon dried oregano
- 1 teaspoon ground cumin
- 1 tablespoon extra virgin olive oil
- 1.5 cups long-grain brown rice
- 1 litre low sodium chicken broth

In a blender purée until smooth bell and jalapeño peppers, parsley, onion, garlic, oregano, and cumin.

In a large, heavy skillet or casserole with tight-fitting lid, heat oil. When oil is hot but not smoking, add rice and stir continuously for a few minutes to coat rice with oil, but not long enough to let it brown.

Add vegetable purée and half the broth and simmer, stirring occasionally, for 5 minutes. Add the remaining broth and bring to a boil. Reduce heat to moderate, and continue cooking until liquid is absorbed, about 25 minutes. Cover and let sit undisturbed for 30 minutes.



Teach your tween or teen to cook healthy. ISTOCK



Slow Cooker Barbecued Beef Sandwiches

- 1 1/2 pounds rump roast
- 1 chopped onion
- 4 cloves garlic
- 1/2 cup maple syrup
- 2 teaspoons mustard
- 1 teaspoon chili powder
- 1/3 cup cider vinegar
- 1/3 cup Worcestershire sauce
- 1 3/4 cups barbecue sauce
- 4 large whole grain dinner rolls

- Romaine lettuce leaves
- Sliced tomatoes

In slow cooker, combine all ingredients except sandwich buns, lettuce and tomatoes; mix well.

Cover; cook on high setting 4 to 6 hours or until beef is tender.

Remove beef from slow cooker and slice, place onto a bun and top with lettuce and tomatoes.

Baked Pork Tenderloin with Spinach and Blue Cheese

- 2 packages frozen chopped spinach
- 1-1.5 pounds pork tenderloin, whole and drained
- 2 cloves garlic, pressed
- 2 tablespoons balsamic vinegar
- 1/4 cup red wine
- 2 teaspoons dried oregano
- salt and pepper, to taste
- 6 ounces blue cheese, crumbled

Microwave spinach just to thaw and let drain in a colander

in the sink until ready to assemble. Break up spinach into large, low casserole dish.

Cut pork tenderloin into 4 equal portions on diagonal and nestle into spinach mix. Sprinkle with garlic, vinegar, wine, oregano, salt, pepper.

Break up blue cheese to spread on top of and around pork. Leave one end uncheesed if blue cheese isn't popular with someone in your home.

Cover with foil and place into 350 F oven to bake for 45 mins. or until the meat's internal temperature reads 145 to 160 F.



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Put the lime in the coconut for a no-bake Island Lime Pie

1. Crust: In food processor, chop macadamia nuts into small pieces. Add coconut, dates, vanilla and sea salt and blend to obtain mix that can be formed into a ball.

2. Line bottom and sides of 23-cm (9-inch) pie plate with crust.

3. Avocado Mousse: In food processor, combine avocados, lime juice, coconut butter, agave nectar and vanilla; blend to a smooth cream. Pour into crust. Set aside at room temperature while preparing frosting.

4. Frosting: In blender, combine water, lime juice, nuts, agave nectar, vanilla and sea salt. Blend to smooth cream consistency. If needed, add 15 ml (1 tbsp) more water. While blender is running, incorporate melted coconut oil.

5. Place mix in pastry bag with narrow nozzle. Trace spiral of frosting on pie from centre to rim of pie plate. With chop-



This recipe serves 12. THE CANADIAN PRESS H/O

stick, trace dozen lines in frosting at regular intervals from centre to rim to resemble a spider web. Before serving, gar-

nish with lime slices and grated coconut. **THE CANADIAN PRESS/RAW-ESSENCE BY DAVID COTE AND MATHIEU GALLANT (ROBERT ROSE, 2013)**

Ingredients

Coco-Macadamia Crust

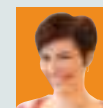
- 125 ml (1/2 cup) macadamia nuts
 - 250 ml (1 cup) shredded coconut
 - 3 chopped seedless dates
 - 2 ml (1/2 tsp) alcohol-free vanilla essence
 - 1 ml (1/4 tsp) sea salt
- ### Avocado Mousse
- Flesh of 2 to 3 avocados
 - 175 ml (3/4 cup) lime juice
 - 125 ml (1/2 cup) coconut butter
 - 125 ml (1/2 cup) agave nectar
 - 2 ml (1/2 tsp) vanilla essence

Frosting

- 50 ml (1/4 cup) water
- 15 ml (1 tbsp) lime juice
- 125 ml (1/2 cup) macadamia nuts
- 10 ml (2 tsp) agave nectar
- 1 ml (1/4 tsp) vanilla essence
- 0.5 ml (1/8 tsp) sea salt
- 15 ml (1 tbsp) coconut oil, melted
- Lime slices, grated coconut

Health Solutions

Bean there, vanilla



NUTRI-BITES
Theresa Albert
DHN, RNCPT
myfriendinfood.com

You've seen the little black specks in your vanilla bean ice cream that make it look like there's dirt in it, but have you considered where they came from?

Vanilla beans come from an orchid plant and are technically the fruit of the fertilized flower. The pods are harvested six months after they sprout but before they pop open to spread their tiny, aromatic seeds.

They are then watered, wrapped to ferment and dried in the sun. No wonder they are so expensive. Sheesh.

Is it really worth buying the pods over the "extract"? The extract contains the essence of the bean that has

been soaked in alcohol. The pods themselves contain exponentially more flavour and nutrients. In fact, the vanilla bean is one of the top 20 highest anti-oxidant foods.

If you are making a custard or ice cream where the vanilla flavour is crucial, you absolutely want the real deal.

Here's a trick that will make you look like the newest foodie on the block. After scraping the seeds into your dessert, don't toss the pod. Add it to your sugar bowl and cover. Within a week, you will have your own flavoured sugar perfect for sprinkling on cereal or into coffee.

THERESA ALBERT IS A FOOD COMMUNICATIONS SPECIALIST AND PRIVATE NUTRITIONIST IN TORONTO. SHE IS @THERESAALBERT ON TWITTER AND FOUND DAILY AT MYFRIENDINFOOD.COM



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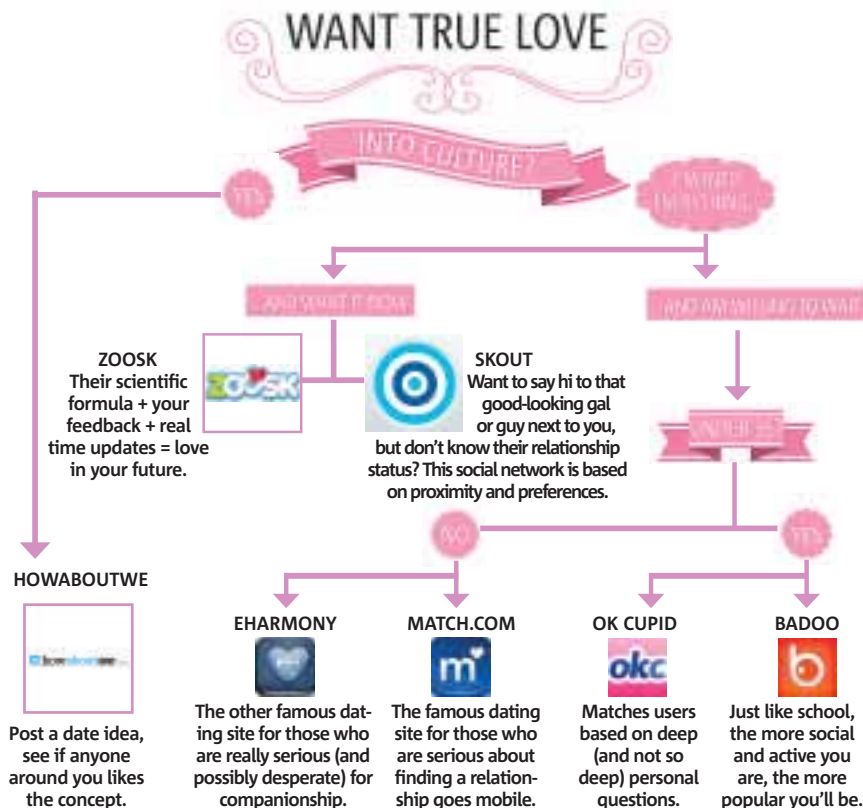
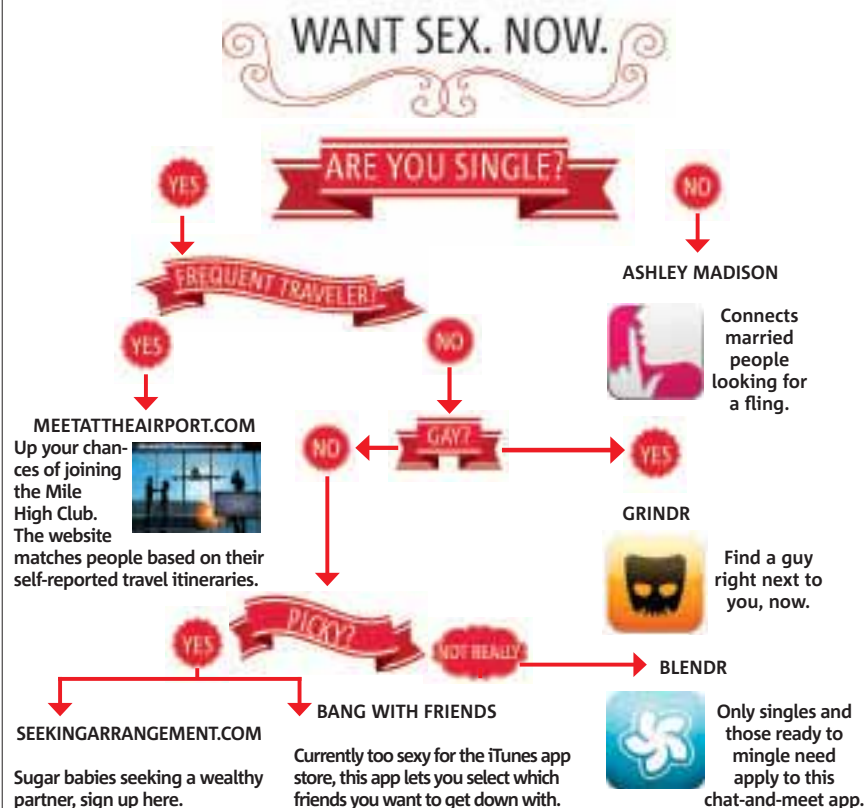
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New advances in dating technology have made it easier to find someone, but also overwhelming. Thanks to this handy-dandy chart, you'll never be alone again. TEXT: MICHELLE CASTILLO, GRAPHIC: MIA KORAB; METRO WORLD NEWS



Male, middle-aged and bankrupt?



YOUR MONEY
Alison Griffiths
money@metronews.ca

If you are male and entering middle age with a fair chunk of non-mortgage debt then bankruptcy might be just around the corner.

According to research by trustee firm Hoyes, Michalos & Associates into 7,000 insolvency filings, the typical bank-

rupt Canadian is a 43-year-old man owing \$61,000 above and beyond a mortgage.

Credit Canada Debt Solutions CEO Laurie Campbell outlined the findings in her recent blog, fortheLoveofMoney.ca.

What really shocked Campbell was the discovery that the average debt level of insolvent 50- to 59-year-olds was more than \$84,000.

"Who knew that the generation which grew up with the Freedom-55 ads (touting early

retirement through smart financial planning) would find itself in such a sorry fiscal state?" she writes.

Equally worrying are those 60 and over. Among the group studied they carried nearly \$70,000 in unsecured debt.

You might dismiss the findings if you are much younger (and female), but according to the study's author, Doug Hoyes, "We are all pretty close to the edge. What is saving us is that interest rates are low."

Hoyes points out that there isn't a whole lot of difference between the current average debt to income ratio of 165 per cent and that of the insolvent individuals at 215 per cent.

It boils down to the fact that many Canadians won't be able to handle even a small increase in interest rates. Even something as small as the June 10 notice by TD Canada Trust nudging the five-year closed rate to 3.29 per cent from 3.09 per cent, could be the financial

tipping point for some.

Larger rate increases, as will eventually happen, may also appear quite small. But Hoyes cautions consumers to look at the numbers a different way.

"Going from a three per cent to four per cent interest is not an increase of one per cent in your payments. If your rent goes from \$300 to \$400 per month, how much did your rent increase? Answer: one third, or over 33 per cent." Similarly, the cost of a mortgage at

four per cent is 33 1/3 per cent higher than one at three per cent.

Those who worry they are on the edge of affordability should take action. The charitable Credit Canada Debt Solutions (creditcanada.com), for example, offers financial counselling and coaching to help consumers with debt.

Contact Alison at griffiths.alison@gmail.com or alisongriffiths.ca



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MONITOR YOUR DOG'S ACTIVITY

As we move into the hottest months of the year it's important to make sure your dogs keep cool.

"Overheating is more common in dogs than we realize," says Dr. Barb Bryer, head of emergency medicine at the Veterinary Emergency Clinics in Toronto. "While any dog can overheat, it's more prevalent in breeds with flat faces, such as pugs, boxers and bulldogs, than it is in long-nosed breeds like German shepherds and greyhounds. Overweight dogs are more prone to overheating, as are dark-haired dogs that are out in the sunshine."

Many pet owners are surprised that their dog shows signs of overheating after playing outside.

"When dogs are running in the park together, they may not stop just because they're getting overheated," Bryer says. "It's up to their owners to monitor their activity. The rule to follow is that if the heat is too much for you, it's too much for your dog."

If you suspect your dog may be overheating, stop activity and move your dog to a cool area.

"Dogs cool down naturally by panting and sweating through the pads of his paws," Bryer says.

However, if your dog doesn't return to normal in a few minutes, there are things you can do to help.

"Remove muzzles or dog boots that might be restricting his ability to cool. Put cool water on his feet, under his arms



ANDY DEAN/VEER

and near the groin or use ice packs if he has lots of hair in those areas.

You can also wet the coat with cool water and put a fan on him to cool down.

Do all this slowly and gently, so you're not shocking him by cooling him too fast. Also, be sure to offer him some cool water when he's ready to drink — just

don't force him."

Within a few minutes, your dog should return to a normal temperature and resume its usual activities.

HEAT STROKE IS PREVENTABLE FOR PETS

When a dog becomes overheated it will usually cool down on its own quickly.

Within about 10 minutes or so, his panting will subside, the dog will be calm and, very soon, it will behave just like normal again.

Cooling a dog down with water, fans and cool air will speed the process. But if several minutes pass and you see your dog isn't getting any better, this can be a sign of heat stroke.

Dogs who are suffering from heat stroke will continue to pant, be lethargic and even disoriented.

These signs will not get better as the minutes pass — in fact, you may see the dog appear worse.

"Heat stroke is very dangerous as it



HERREID/VEER

can cause damage to a dog's systems and organs," explains Dr. Barb Bryer, head

of emergency medicine at the Veterinary Emergency Clinics in Toronto. "If you suspect your dog may be suffering from heat stroke, it is imperative that your dog be seen by a veterinarian as soon as possible."

Remember that heat stroke, like overheating, is preventable. Take steps to ensure your dog stays cool and isn't overexposed during the dog days of summer.

- Don't leave your dog in a car, especially with windows shut.
- Keep your dog inside as much as possible.
- Keep walks short on hot days; walk early in the morning or later in the evening when things are cooler.

HOT CARS CAN BE LETHAL FOR DOGS

Whether you are parking in the shade, just running into the store, or leaving the windows cracked, it is not a good idea to leave your pet in a parked car.

The temperature inside a car can skyrocket after just a few minutes. Parking in the shade or leaving the windows cracked does little to alleviate this pressure cooker.

On an 29 C day, for example, the temperature inside a car with the windows cracked can reach 38 C within only 10 minutes. After 30 minutes, the temperature will reach 48 C. At 43 C, pets are in danger of heatstroke.

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Tuukka leaving no doubt after Thomas

Stanley Cup final. Bruins 'keeper living up to Conn Smythe-standard set by former Boston starter

Two years ago, Tuukka Rask was all but ignored as the Bruins mounted their Stanley Cup charge.

The lanky Finn attracted virtually no attention as reporters swarmed his teammates at a hotel restaurant in Vancouver.

Tim Thomas was the Bruins' man then. Rask was the guy on the bench, watching as the Boston starter went 16-9 in the playoffs, leading the playoffs in save percentage (.940) and goals-against average (1.98). Thomas was rewarded with the Conn Smythe Trophy after Boston dispatched the Canucks.

Now the Bruins are back in the final. The goalie statistics remain about the same, but the name has changed.

Rask leads the playoffs in save percentage (.944) and his goals-against average of 1.73 was second only to Chicago's Corey Crawford (1.72) heading into Monday night's Game 3.

Both goalies have done their teams proud. But it has taken the equivalent of double-raise takeout shots to beat Rask.

While Thomas used to make highlight-reel saves, throwing himself around the crease, Rask fills the goal, using his stick and pads to seal off ice level and his torso the rest.

They are very different but the end result is the same.

"At the end of the day, it's about stopping the puck," said Boston defenceman Dennis

Rask up to the task



"To be able to get where he is right now speaks volumes

about how ready he is to be that goaltender that can be just as good as Tim (Thomas) was for us."

Bruins coach Claude Julien on Tuukka Rask.

Seidenberg. "So we really don't care how it's being done."

Taken in the first round — 21st overall — by Toronto in the 2005 draft, the Bruins acquired Rask from the Leafs in June 2006 for Andrew Raycroft.

Boston coach Claude Julien believes Rask's time behind Thomas was beneficial.

"We had such a good goaltender in Tim Thomas, it might have maybe delayed the view that people would have of him, but it didn't change our view of him," Julien said Monday. "We knew he was going to be a good goaltender."

"In hindsight, when you look back, it might have been the best thing for him. It allowed him to mature at a reasonable rate instead of being thrown to the wolves. He's matured a lot. I'm not talking about personality, but mentally, the mental toughness, and then being able to be ready game in, game out."

THE CANADIAN PRESS

Go to metronews.ca for coverage of Game 3 of the Stanley Cup final.



Tuukka Rask is proving to be more than capable of backstopping a title run in his first extended playoff opportunity. BRUCE BENNETT/GETTY IMAGES

Backside backtrack

Judge accepts Johnson's butt-slap rebuttal

A contrite Chad Johnson apologized Monday for disrespecting a judge when the former NFL star slapped his attorney on the backside in court last week and was released from jail after only a week instead of 30 days.

Broward County Circuit Judge Kathleen McHugh accepted Johnson's apology and cut back his jail term for a probation violation to the seven days he had already served since the rear-swatting.

THE ASSOCIATED PRESS



Chad Johnson appears in court on Monday in Fort Lauderdale, Fla. THE ASSOCIATED PRESS

CFL

London RB Stephenson cut at Ticats camp

Running back Daryl Stephenson, who captured the 2006 Hec Crighton Trophy while at the University of Windsor, was one of three players released by the Hamilton Tiger-Cats Monday. The six-foot-two, 230-pound London native was a 2008 third-round pick of the Winnipeg Blue Bombers. He joined the Ticats as a free agent in February 2011.

THE CANADIAN PRESS

Champs to chokers? LeBron's legacy on the line



The Heat return to Miami down 3-2 in the NBA Finals with a chance to rally to a championship on their home floor. ERIC GAY/THE ASSOCIATED PRESS

LeBron James has been here before, with dire results.

It was two years ago, the end of the first season of "Big Three" in Miami. The situation: Heat down 3-2, hosting Game 6 of the NBA Finals, only two home wins separating them from a title.

Then, thud.

James had six turnovers in Game 6, the Heat were outscored by 24 with him on the floor, and the Dallas Mavericks became champions. Now, here comes the same situation. Down 3-2, and back at home for

Big game James

31.1

LeBron James' points-per-game average in games the Heat have been down in a series or faced elimination over the last two seasons. He has shot 53 per cent and added 10.6 rebounds and 5.4 assists in such contests.

Game 6 of the finals against the San Antonio Spurs on Tuesday, Miami needs two wins in three days or else it will be watching someone else end the season with a party on its own floor.

"We're going to see if we're a better team than we were our first year together," James said.

We're also about to see how much James has grown since 2011. If Miami loses, it'll be widely perceived as James' failure. If the Heat win, his status as the game's best player becomes even more cemented.

"Our next challenge, biggest challenge, will be Tuesday night," James said. "We have an opportunity on our home floor with our home fans to keep the series going, and we look forward to it." THE ASSOCIATED PRESS

Horoscopes

Aries

March 21 - April 20

As far as you are concerned, there is no such thing as a lost cause and you will prove it today. The first rule of success is to believe it is possible and, one way or another, your belief will make it a fact.

Taurus

April 21 - May 21

Not everyone shares your sense of humour, so watch what you say today. If you offend the wrong person, it might adversely affect your professional situation.

Gemini

May 22 - June 21

Make the most of the Sun's last few days in your sign to show what you can do. Not that you won't be able to show it after the Sun has moved on, but at the moment you are positively glowing.

Cancer

June 22 - July 23

You don't need to change a thing in your life. Just keep to the path you are already travelling. The great thing about Cancer is you have staying power: Once you start something, you don't stop.

Leo

July 24 - Aug. 23

It's not like you to cling on to something you don't need but that is what you appear to be doing. The tighter you hold on to it, the more it will hurt when it is taken away. Give it up.

Virgo

Aug. 24 - Sept. 23

The eyes of the world are on you now and what you do over the next few days could change your life in meaningful ways. Believe you can be the biggest and the best.

Libra

Sept. 24 - Oct. 23

Don't listen to people who try to tell you that you are going about something the wrong way. Your instincts tell you a different story and your instincts are never wrong.

Scorpio

Oct. 24 - Nov. 22

Someone may possess something you want but don't let your envy show. It's quite likely that from their point of view, you are the one who to be envied. Grass always looks greener on the other side.

Sagittarius

Nov. 23 - Dec. 21

Someone will offer you something for nothing today and although you will be tempted to take it, you may hesitate in case there's a catch. Rest assured it's not a trick.

Capricorn

Dec. 22 - Jan. 20

Life may be a bit dull at the moment but in a matter of days you will be so busy you may long for some tedium again. Too bad, you won't get it. If you want to move up in the world you've got to work hard.

Aquarius

Jan. 21 - Feb. 19

You have nothing to fear and everything to look forward to. Anything of a creative nature will work well for you today, and even better tomorrow. Don't follow the herd.

Pisces

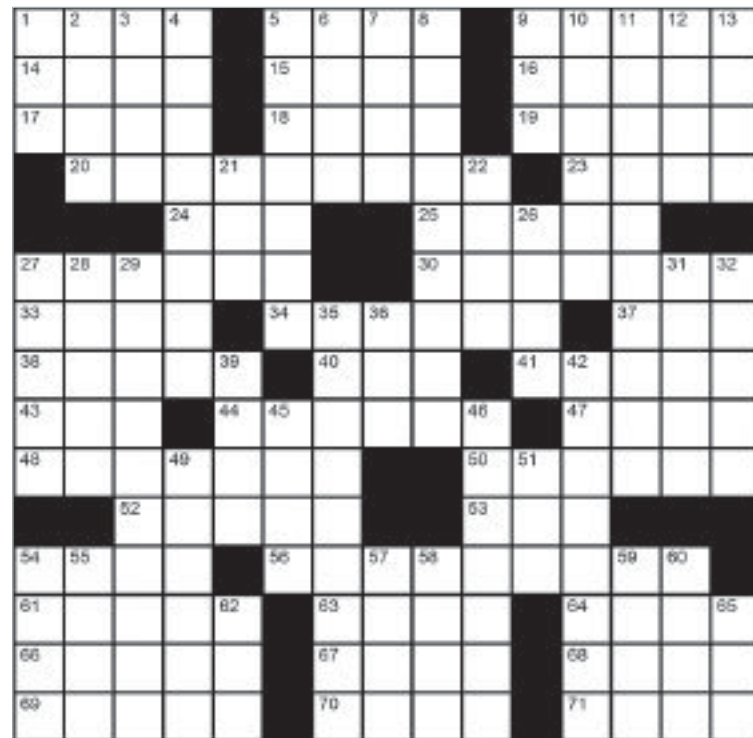
Feb. 20 - March 20

If you have fallen behind in your schedule, this is the ideal time to catch up. Once you make the effort to start you won't want to stop, not until you are finished at least. You may end up working through the night. **SALLY BROMPTON**

Crossword: Canada Across and Down

Across

- Premier of Saskatchewan, Brad ___
- Car rental company
- Gulf War missiles
- Ms. Perlman
- Suit piece
- Vietnam's capital city
- New York baseball player, for short
- Canadian author Mr. Miller
- Sprite-like
- Southeast-of-Winnipeg city in Manitoba
- Contact ___ (Vision corrector)
- Norse Myth: Underworld goddess
- Gold measurement, variantly
- Hold back
- Kettle's sounder
- Ms. Ephron
- Nearly
- Really long time
- Purse material
- Brouhaha
- Mrs. '___ Goes to Paris (Paul Gallico novel)
- Cousin of -ette
- Roamers
- Architect Mr. Saarinen
- Securing: 2 wds.
- More furious
- Pub game
- "Monsters, ___" (2001)
- Component, as of a process
- Rock's ___ Straits
- Some office



devices

61. Gangly

63. Pack ___ (Get ready to vacation)

64. Lindsay Lohan's mom

66. Mr. Shaw (Famed clarinetist)

67. Rock's ___ Straits

68. Surrounded by

69. "Hey! That ___ funny."

70. Sporty TV network

71. Units of a gym user's sety

Down

1. Like some humour

2. Detective's sound effects

3. Loaned

4. Thunder Bay university

5. Anne of Green Gables setting

6. Action word

7. Madonna hit: "La ___ Bonita"

8. St. John's-born singer Kim

9. Particular pronoun

10. Opera legend Maria

11. '___ and alive' ...how Joni Mitchell felt in "Free Man in Paris"

12. Bump off: 2 wds.

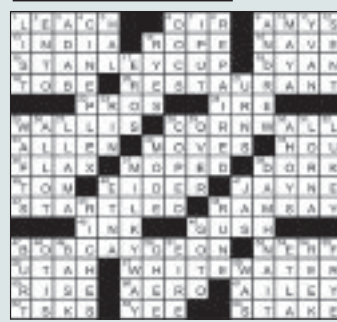
13. Breaks a Commandment

- Roadside mil. hazard
- Triumphant laughs
- Ms. MacNeil
- Map detail
- Ho-hum hair hue
- Canadian food brand, ___ Choice
- France's longest river
- Belgian painter, James ___
- Wild house party 'hat', perhaps
- Annual telethon org.
- Civil or Electrical, e.g.
- BC's provincial tree, Western ___
- Ins and ___
- Bit
- Serviette
- Meaning of: &
- Deli side dish
- Charlottetown-born singer Ms. MacLean
- Baseball stats
- Wild West's Wyatt
- Frost
- Prune
- Even so
- Promos

See today's answers at metronews.ca/answers.

BY KELLY ANN BUCHANAN

Yesterday's Crossword

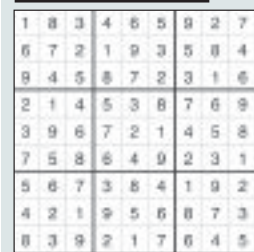


Sudoku

How to play

Fill in the grid, so that every row, every column and every 3x3 box contains the digits 1-9. There is no math involved.

Yesterday's Sudoku




Today 21°/9° Mainly sunny

Wednesday 21°/9° Sunny

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